An Essay
on
Rubeola
Respectfully submitted to the Faculty
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Rubeola or Measles

Rubeola or Measles is derived from Rubio red. This word appears to be of Spanish origin and probably emanated from the school of Cordova. All of our best Medical Historians believe that Measles began to spread through the World about the same time as Small pox, probably the fifth or sixth century. Also that it arose in the same countries from whence the Variolous Exism came the shores of the Red Sea, coasts of Arabia, and Abyssenia, first experienced the assaults of this malady. The first distinct allusions to measles is found in the writings of Rhazes the great

Arabian Physician who flourished in the tenth century. Most of the Arabian authors were impressed with the belief that Small pox and Measles were pathologically associated. Some of them pronounced Measles to be a species of bilious Small pox. Sydenham a Physician of much learning devoted his attention to measles, which he described with great accuracy, in the epidemic of 1670-74. And he permanently separated Measles from Small pox. The belief in the indentity of Measles and Scarlatina, however still prevailed. Twenty years after the time of Sydenham, Morton viewed Measles and Scarlatina

as the product of the same miasm, and thought they stood in the same relation to each other as distinct and confluent Small Pox. And by many authors of that age Scarlatina was called Morbilli Confluentes, and it was not until 1779 that Physicians were able to discern a distinction between the two diseases. Among them was Doctor Withering who became sensible that they arose from different miasm. By observing that patients who had gone through with measles were equally with others, subject to Scarlatina. Since that period down to the present time it has been known as a distinct Eruptive disease occuring in

childhood. It sometimes attacks adults and usually more severely than children. Like Scarlatina one attack will generally protect the individual against the same disease again.

Diagnosis

The symptons at first are very similar to ordinary catarrh commencing with chilliness, running at the nose, red and watery eyes, slight soreness of the throat, cough, soreness, and pain in the chest, fever, quick pulse, difficult breathing great heat and thirst, nausea, headache and sneezing are the prominent precursory symptons. These symptons continues three or four days; after which the eruption disappears. It commences generally upon the face, usually

the forehead and generally extends downward to the neck, breast back and finally to the lower extremities. The more profuse the eruption the higher the fever, which continues unabated until the eruption begins to subside; which is usually in four or five days. On the ninth day they disappear when a bran like scurf is cast off from the skin. During the course of the disease, the cough is troublesome, which is occasioned by the contagion attacking the air passages. The eruption makes its appearance in small scattered red spots, or blotches in the centre of which we find a minute pimple, looking something like

a flea-bite. These as they grow, unite into red spots, they rise above the skin and feel rough if the hand is rubbed over its surface. Measles may occur at any time from three days to three weeks after the child has been exposed to the contagion. It however usually occurs from the seventh to the fourteenth day.

Prognosis.

The prognosis in simple measles is almost always favorable; but sometimes it is made very unfavorable by improper treatment. Such as the administration of stimulants, by too much heat or by exposure to cold. It is not the eruption or the mere disease which endangers the safety of

the patient, but it is the internal inflamation which may accompany or follow it. And hence the great necessity for ascertaining exactly the degree of their development by a most careful examination of the organs of respiration and digestion to enable the Physician to form a correct opinion as to the probable result.

Pathological appearance.

The appearance presented on dissection of those who have died with measles present features which might readily be anticipated from the character of the symptons. The bronchial membrane is spongy; abundant serous effusion escapes from the

lungs on pressure; portions of this substance are consolidated; the larnyx is oedematous. In the abdomen appear patches of ulceration, with or without enlarged mesenteric glands. In the ventricles of the brain, occasionally is found an effusion of serum.

Treatment.

Aconite has been regarded, in some instances as almost specific against measles. And in its mild form will frequently be found sufficient to carry the case through and so conquer the disease; or, at least, to shorten its duration materially. This remedy is indicated when the fever assumes an inflamatory form, attended

with dry heat of the skin, heat in the head with confusion and giddiness redness of the eyes, intolerance of light, general weakness and prostration: and is more or less useful throughout the course of the malady either alone or in alternation with Pulsatilla. (Coffea or Hepar are very useful after Aconite when there is a distressing dry cough) Pulsatilla, is very efficacious and even specific in this disease and is frequently indicated at the commencement from the strong resemblance which some of its pathogenetic properties bear to the catarrh attendant upon measles together with the characteristic exacerbation of the symptons towards evening. This remedy

is moreover of great utility in bringing out the eruption when it is longer than usual in making its appearance. It is also valuable when any gastric derangement is present or when the cough is worse towards evening or in the night and is attended with considerable mucous rhoncus or copious, thick, yellowish or whitish expectoration, sometimes followed by vomiting. Further when there is coryza with a thick yellowish or greenish nasal discharge.

Sulphur is frequently of considerable service after Pulsatilla particularly in strumous subjects. When there is great oppression in the chest. Before the eruption is evolved a dose or two

of Ipecacianha is very useful.
Belladonna is indicated when the inflamation attacks the throat causing acute shooting, pricking paind which sometimes prevents the patient from swallowing: and further when there is a hoarse, dry barking and somewhat spasmodic cough worse at night with great restlessness and high nervous excitement: also in those cases of measles where no eruption declares itself, but simply headache and catarrh with severe inflamation of the eyes, which present a glassy appearance are bloodshot or streaked and watery finally when evident signs of cerebral iritation set in.
Bryonia - is an excellent remedy when the eruption is faint or im-

perfectly developed, and the respiration much oppressed and laborious, attended with aching in the limbs, also when there is a short dry cough and the patient complains of shooting pains in the chest increased by a full inspiration.

Arsenicum - if the eruption either disappears suddenly with coldness, foul discharges from the bowels, or if the spots assume a brownish color and great prostration sets in.

Dulcamara - is good when the eruption resembles nettlerash or is a compound of nettlerash and measles and the skin is dry and hot.

Tart. Emetic - is of great service indeed at most if not entirely specific when there is vomiting in the

early part of the disease and which interferes or prevents the appearing of the eruption used in the higher potentis it immediately arrests the nauseau and the eruption appears

Diet and Regimen

Let the patient use moderately of fresh water, toast water, or any other mild nutritious drinks, and keep them in a room that is sufficently darkened so as not to irritate the eyes. The diet should be light and no Stimulants should be used excepting in great prostration. The children may be washed daily with lukewarm water and should have a change of perfectly dry linen each time they are washed. As soon as the new skin is formed, and is perfectly dry again, they

may be taken out into the open air; provided the weather is fair.

Sequela.

Under suitable Homeopathic treatment after diseases do not often occur, except in scrofulous or tuberculous children. In such, a chronic cough, hoarseness, soreness of the eyes, running at the ears, & weakness frequently remain. These, calling for the use of anti-psoric remedies, the principles of which are; Aconite, Calcarea, Carbonica, Sulphur, Iodine, Phosphorus, and Mercurius.